



**Crunches**

Lying on gym ball with the ball under the small of the back (or slightly higher). Gently cradle head in the hands (do not pull with arms). Suck abdominals in and sit up towards a seated position, leading with the chest and keeping head in neutral. Lower with control and repeat. Maintain the abdominal hollow throughout the movement.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60
5 x/week	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:

BE CAREFUL WITH ANY GYMBALL ACTIVITY WHERE YOU ARE BALANCING ON THE BALL AS A FALL MAY RESULT IF CARE IS NOT TAKEN TO PROGRESS SLOWLY.



**Quadruped Arm / Leg Raise**

Lying on stomach over ball with hands and feet on floor. Slowly extend one leg out behind while at the same time raising opposite arm up in front until parallel with floor. Return arm and leg to floor and alternate. Keep trunk square and stable and maintain abdominal hollow.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60
5 x/week	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



**Superman**

From a kneeling position raise upper body up onto ball and place ball under pelvis. Relax over ball. Raise upper body up off ball, bringing the arms straight up over head as if to fly like superman. Raise up until rib cage is just off ball, ears, shoulders and hips should be in line. Maintain abdominal hollow and pelvic tilt to keep ball stable.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60
5 x/week	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



**Full Upper Body Plank**

Start from a kneeling 'prayer' position with forearms on ball. Push upper body up into a full push-up position supported with forearms on ball. Hold plank position maintaining postural alignment and abdominal hollow.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60
5 x/week	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes: